The 7zip file can be extracted using dd:

```
#>dd if=File3.jpg of=file3.7z bs=1 skip=168782
```

The 168782 is simply the starting offset (0x2934E) in decimal.

Tools used:
Type: specialized steganography detection software
Name: StegSpy
Publisher: Bill Englehardt
Compiled (free)
Site: http://www.spy-hunter.com/stegspydownload.htm

Type: specialized steganography detection software
Name: xstegsecret
Publisher: Alfonso Munoz
Open Source
Site: http://stegsecret.sourceforge.net/
Note: requires java (jre), and the GUI is in Spanish.

Type: specialized steganography detection software
Name: StegalizerSS
Publisher: SARC
Commercial (free trial – registration required)